

"One Team, Supporting Military Missions and Family Readiness!"



**'IT'S NOT EASY
 BEING GREEN'**

Conference
 Oct. 15-16
 Army Community
 Service



MultiCam



Delta

New cammo pattern may blend in better in Afghanistan

Story and photos by C. Todd Lopez
 Army News Service

Service members fighting in Afghanistan will soon see two new test camouflage patterns on fellow Soldiers.

The Army will begin shipping uniforms with the "MultiCam" and "Universal Camouflage Pattern - Delta" to two as yet-unnamed battalions that will serve rotations in Afghanistan – one pattern each. Additionally, the Army will provide "ghillie suits," in the MultiCam pattern, to authorized units.

Soldiers, about 2,000 in all, will test out the uniforms to see how effective the camouflage patterns are at providing concealment in the varying terrain of Afghanistan.

See CAMMO P5

Vaccine shows promise in preventing HIV

Story by C. Todd Lopez
 Army News Service

An Army-sponsored study has shown that administration of a specific combination of vaccines can reduce the potential to contract HIV by 31.2 percent.

As part of the RV144 HIV vaccine study, 16,395 adult men and women in Thailand were given either a placebo or the "prime boost" combination of the vaccine ALVAC(R) HIV and the vaccine

AIDSVAX(R) B/E.

All participants were given counseling on how to avoid getting HIV.

During the three-year study, participants were routinely tested for HIV. By the end, a total of 74 recipients who had received the placebo contracted HIV, while only 51 of the vaccine recipients contracted the virus. The results of the study indicate that the vaccine is 31.2 percent effective in preventing acquisition of HIV, the virus

that causes AIDS.

Lt. Gen. Eric B. Schoomaker, the Army surgeon general, and commander of the U.S. Army Medical Command, said the results of the study are important, but modest.

"I'm pleased and proud to announce the results of the trial, which for the first time ever, have shown that it is possible for a vaccine to reduce the risk of HIV infec-

See VACCINE P7

LIEUTENANT INSIGNIA SYMBOL OF FAMILY SERVICE



Army retired Maj. Bradley James reads the oath of enlistment to 2nd Lt. Molly James during her commissioning ceremony Sept. 25 at the Marriott Hotel with her Family and friends. Molly received the second lieutenant bars that belonged to her late husband who was killed in Iraq.
 See related story on page 3.

Photo by Esther Garcia



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Proclamation declares October Domestic Abuse Prevention Awareness Month

By Maj. Gen. Russell Czerw
Commanding General, Fort
Sam Houston and AMEDDC&S

Our Fort Sam Houston Family depends on the four cornerstones of Army well-being: To Serve, To Live, To Connect and To Grow. Domestic abuse undermines Army well-being.

We need all Soldiers, civilians, Family members and retirees at this installation to dedicate themselves to the prevention of domestic abuse.

Additionally, we need the commitment of the community at large to collaborate with us in the prevention of domestic abuse. In this high-stress, up-tempo environment, we need our community to recognize:

- The commitment

Soldiers and Family members are making every day.

- The strength of Soldiers comes from the strength of their Families.

- The strength of Families is supported by the strength of the community.

- The strength of the community comes from the support of employers, educators, civic and business leaders and its citizens.

Our Army Community Service works everyday to build community partnerships that support self-reliance, resiliency

and readiness of Soldiers and their Family members during times of war and peace. This partnership provides the power to prevent domestic abuse: Soldiers, Families and community working together form the perfect combination for prevention.

In the Fort Sam Houston community the Army Family Advocacy

Program is charged with the mission of prevention. If you have questions, call Marjorie Loya, Family Advocacy Program Manager at 221-0349/9826.

I call upon all Soldiers, Families and the total community to become a part of the perfect combination for prevention. To reinforce that commitment, I hereby declare

October 2009 as Domestic Abuse Prevention Month at Fort Sam Houston.

**DOMESTIC ABUSE
PREVENTION
AWARENESS
KICK OFF
Oct. 1
9:30-11:30 a.m.
at Army Community
Service**

Weekly Weather Watch

	Oct. 1	Oct. 2	Oct. 3	Oct. 4	Oct. 5	Oct. 6
San Antonio	90° Partly Cloudy	85° Partly Cloudy	86° Chance of Rain	86° Chance of Rain	90° Chance of Rain	90° Chance of Rain
Kabul Afghanistan	84° Clear	84° Clear	78° Clear	77° Chance of Rain	78° Chance of Rain	77° Chance of Rain
Baghdad Iraq	95° Clear	93° Clear	95° Clear	95° Clear	93° Clear	93° Clear

(Source: Weather Underground at www.wunderground.com)

Thought of the Week

A good rule for going through life is to keep the heart a little softer than the head. — John Graham
(Source: Bits & Pieces, August 2009)

News Briefs

Domestic Abuse Prevention Awareness Month

Family Advocacy Program will hold the Domestic Abuse Prevention Awareness Month kick-off ceremony Oct. 1 from 9:30-11:30 a.m. at Army Community Service, Building 2797. Hear the proclamation read and words from leadership about this social issue, receive information about the month long events to be held and enjoy refreshments. Call 221-2705.

Hispanic Heritage Month celebrations

"Embracing the Fierce Urgency of Now" commemoration celebration Oct. 2, 11:30 a.m.-1 p.m. at the Sam Houston Club. Guest speaker is Command Sgt. Maj. Maria Martinez, senior enlisted adviser, to the Director of the Army Diversity Office Pentagon, Washington, D.C. For more information, call 295-6295/0561.

Brooke Army Medical Center will hold a Hispanic Heritage Month celebration Oct. 8, 12-1 p.m. in the Medical Mall. For more information, call 916-0830.

"Embracing the Fierce Urgency of Now" extravaganza Oct. 15, 10 a.m.-1:30 p.m. at the Jimmy Brought Fitness Center. Event includes dancers, vendors, food tasting and Latino band. For more information, call 295-6295/0561.

Walters Street Shoppette hours extended

The Walters Street Shoppette, Building 331, will have new hours of operation beginning Oct. 12, Sunday-Wednesday, 5:30 a.m.-11 p.m. and Thursday-Saturday, open 24 hours. Call 225-0216.

Jadwin gate closure

The Jadwin gate for commercial traffic will tentatively close Oct. 12 for a period of 6-8 weeks. Commercial traffic will be detoured through Walters Street and Schofield/Binz Engleman gates. All commercial traffic with three axles or more must enter through the right visitor's lane at the Walters Street gate. All commercial traffic with two axles will enter through Schofield/Binz Engleman Gate.

See NEWS P4

Lieutenant insignia special for Family

Story and photo by Esther Garcia
Fort Sam Houston Public Affairs Office

Second Lt. Molly James is embarking on a new life since her husband, 2nd Lt. Luke James, was killed in Iraq and she was left with a 6-week-old baby.

On Friday, Sept. 25, at the Marriott Hotel in front of her Family and friends, Molly took the oath of enlistment from her father-in-law, retired Army Maj. Bradley James and is on her way to becoming a physical therapist in the Army.

It has been a Family tradition that the second lieutenant insignia have been passed on from one Family member to another. James swore in his son Luke, when he joined the Army, pinning him with the second lieutenant bars that he once wore.

When Luke died, Molly passed the bars to her sister, Heather, now a first lieutenant and an Army nurse at Walter Reed Army Medical Center. The bars were returned to Molly for her pinning ceremony and will be



A commissioning ceremony for 24 future physical therapists was held Sept. 25 at Army Medical Department Center and School. Commissioned by Col. Joe Moore, director, Graduate Doctoral Program, Physical Therapy. The class will graduate in 2012.

saved in case her son Bradley, now 6-years-old, decides to join the Army.

Luke, with the 82nd Airborne Division, Fort Bragg, N.C., was in Iraq only nine weeks when he and his men encountered an improvised explosive device while on patrol, killing him and one other Soldier instantly. Two others were critically injured.

The two injured Soldiers were sent to Walter Reed. "This is where I was first introduced to physical therapy and my life changed," said Molly, who went to visit her husband's men. "My

husband died and his career ended, and without knowing, I was on a life-changing path."

Molly stayed in North Carolina for three years but decided she wanted to be a physical therapist, so returned to San Antonio and volunteered at Brooke Army Medical Center where she was a greeter at the BAMC dining facility.

"The Army has taken such good care of me and my son, I wanted to give back, not just take," she said.

"I assisted wounded warriors with their trays. When I said that

I was going back to school and was leaving to put my volunteer time towards helping patients at a physical therapy clinic, I was sent to the Center for the Intrepid where I volunteered from 2007 to 2009. I saw how much progress a wounded warrior makes through physical therapy.

The military has been a big part of my life. I wanted to take care of my Family, and the military is my Family," she said. Molly's parents served in the Air Force.

Veterans of 17th Infantry Regiment visit post

Story and photo by Esther Garcia
Fort Sam Houston Public Affairs Office

Members of the 17th Infantry Regiment, in San Antonio for their annual reunion, included Fort Sam Houston as part of their scheduled activities. On Sept. 24, more than 100 "Buffaloes" arrived on post and began their tour of the post with a Memorial Service at Dodd Field Chapel to remember past members and the Soldiers currently serving with the 1st Battalion, 17th Infantry

Regiment in the middle east. Col. Mary E. Garr, commander, U.S. Army Garrison and Command Sgt. Maj. Raymond Houston, met and welcomed the members to Fort Sam Houston.

Following the memorial service the members visited the Army Medical Department Museum, enjoyed lunch with Soldiers at the Rocco Dining Facility, and ended the tour with a visit to the Warrior and Family Support Center. As a tribute to wounded warriors, members of the 17th Infantry Regiment invit-



Judith Markelz, program manager, Warrior and Family Support Center, provides a history of the WFSC to members of the 17th Infantry Regiment who were touring the center during their visit to Fort Sam Houston Sept. 24.

ed the warriors to be their guests at their banquet held Sept. 26 at the Hilton at the Airport. Col. Al Kelly, who commanded the 1st Battalion 17th Infantry Regiment in Iraq in

2006, was the keynote speaker.

The 17th Infantry Regiment was first constituted in 1861 in the regular Army as the 1st Battalion, 17th Infantry.

NEWS from P3

Columbus Day Commissary Hours

Holiday hours for Columbus Day, Oct. 12, are 9 a.m.-5 p.m. No Early Bird shopping.

BAMC Flu Vaccine

Brooke Army Medical Center will provide flu vaccines to beneficiaries 18 years and older, Oct. 14, 16, 27, 9 a.m.-4:30 p.m. at Army Community Service, Building 2797. The flu vaccine will also be offered Oct. 28 and 30 from 9 a.m.-4:30 p.m. for beneficiaries who are 5-years-old and above. During November, the flu vaccine will be offered Nov. 13 and 24 for beneficiaries ages 18 years of age and up, and Nov. 20 for ages 5-years-old and up. The flu vaccine will also be offered to retirees only at Retiree Appreciation Day, Nov. 7 at Willis Hall, Building 2840. All beneficiaries may receive their flu vaccine in their enrolled clinic or the BAMC allergy and immunization clinic beginning Dec. 2, during usual clinic immunizations walk-in hours. For a complete list of clinic walk in times and update information on the flu fair dates, visit www.sammc.amedd.army.mil or check with the BAMC information desks, at either side of the main entrances.

100th anniversary of Gift Chapel

The ceremony will be held Oct. 20 at 10 a.m. in front of the chapel, Building 2200.

National Disability Awareness Month

The Brooke Army Medical Center Equal Opportunity program will host a National Disability Awareness Month event Oct. 22 from 12-1 p.m. in the BAMC Auditorium.

Fort Sam Houston Oktoberfest

Family Morale, Welfare and Recreation will host the first annual Fort Sam Houston Oktoberfest on Oct. 16 beginning at 6 p.m. and Oct. 17 beginning with a parade at 10 a.m. at MacArthur Parade Field. Enjoy the authentic German food, beer garden, live music, children's games, arts and crafts vendors, car show, pizza eating contest, SeaWorld Animal Team, raffle and more. The event has free parking and free admission and is open to the public.



Stories, anecdotes: a conversation with Joe Galloway

Story by L.A. Shively

Fort Sam Houston Public Affairs

A consummate storyteller, Joe Galloway began his speech during the U.S. Army Medical Leadership Call, Blesse Auditorium Sept. 17 with an anecdote. "There are two MOSs that have got to stand up when the (bullets) start to fly and everybody else hits the ground; that's medics and photographers," he said.

But Galloway's coverage of the first major battle of Vietnam as a nascent war correspondent at Landing Zone Xray in the Ia Drang Valley began with his face in the dirt.

"A hail of bullets cracked and snapped all around us. I was flat on my belly, wishing I had spent the night digging a hole in that rock-hard ground. Wishing I could get even lower. About then I felt a thump in my ribs and carefully turned my head to see what it was," he wrote in part four of his reporter's journal on The Digital Journalist.

That thump was from a boot belonging to Sgt. Maj. Basil Plumley, a veteran's veteran working on his third war and third Combat Infantryman's Badge. A bear of a man wrote Galloway and it was Plumley who told the reporter, "You can't take no pictures laying down there on the ground, Sonny."

Galloway got up and followed Plumley into the barrage of bullets and burning flesh to chronicle the work of Soldiers and medics in combat during that first 16-month tour where he often put down his camera and pen to help wounded Soldiers.

The Army decorated Galloway with a Bronze Star

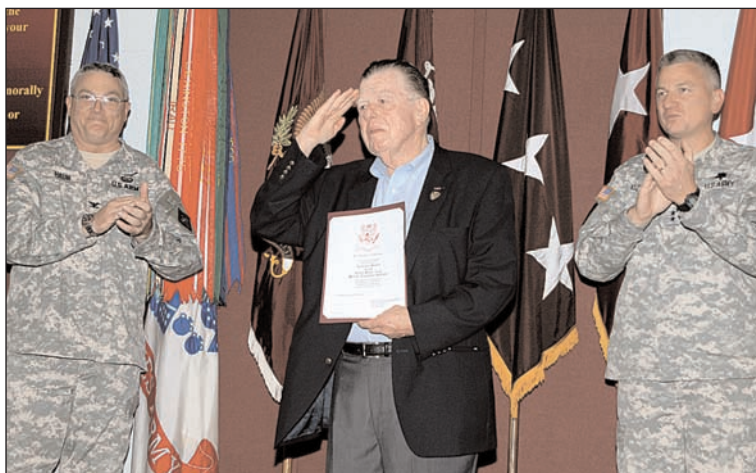


Photo by Doug Meyer

Joe Galloway (center) is awarded a certificate granting him honorary membership with the U.S. Army Medical Department Regiment for his significant contributions to regimental continuity, tradition and esprit de corps. He is flanked by Maj. Gen. Russell Czerw (right), commander, Fort Sam Houston and Army Medical Department Center and School and Col. Jeffrey Haun, chief, Leader Training Center, AMEDDC&S.

with combat "V" device for rescuing a horrifically burned Soldier under heavy fire during the fighting at LZ Xray. He is the only recipient of a medal of valor given to a civilian during the Vietnam War.

"When we need you, we need you bad," Galloway said to his audience of medical professionals, when his microphone suddenly went dead. After restoring the sound, Galloway asked where he was in the speech and someone answered, "You love us!"

"I have a soft spot in my heart for medics. I know first hand what its like to suddenly be confronted with Soldiers terribly wounded, in my case burning in the fire of Napalm. Things just happen and the next thing you know, the guy is in your arms."

Galloway described how the intense battle in Ia Drang affected him and guided his work throughout his life. His messages for the audience were that medics are the quintessential examples of courage, sacrifice and leadership and that

Galloway co-authored three books, "We Were Soldiers Once ... and Young" with Lt. Gen. (ret.) Hal Moore, the book on which the film "We Were Soldiers" with Mel Gibson was based, "Triumph Without Victory: The History of the Persian Gulf War," and "We Are Soldiers Still: A Journey Back to the Battlefields of Vietnam," his second with Moore.

He is currently finishing a book on the Bataan Death March and said it's important to remember the lessons war teaches.

"If we are totally uninformed as to our history, we're doomed to repeat the worst parts of it. We need to study culture, history and languages of those people we are likely to have trouble with," Galloway said.

"We got up to our chinny-chin-chins in Vietnam with the baddest guys on the block. They'd been fighting the Chinese for a thousand years. It was like picking on a whole nation of Texans and Tennesseans and you don't want to do that."



Joe Galloway signs copies of his book for Soldiers at the Army Medical Department Museum during a reception in his honor.

HONORABLE SERVICE



Photos by Ed Dixon

Sgt. 1st Class Chad Mohler, Fort Myers, Va.; 1st Sgt. William Varnado, Fort Bliss, Texas; and 1st Sgt. Michael Haynes, Brooke Army Medical Center were honored for their service Sept. 24 during a retirement ceremony in Blesse Auditorium.



Paula Davis, Department of Pastoral Ministry, Army Medical Department Center and School; Col. Thomas Smith, Installation Management Command-West; Col. Carol McNeill, Brooke Army Medical Center; and Col. Jackie Hayes, BAMC were honored for their service Sept. 24 during a retirement ceremony in Blesse Auditorium.

CAMMO from P1

The Army will gather feedback from Soldiers wearing the uniforms and use that, along with other testing and evaluation, to make a decision to produce and field alternative uniforms, operational clothing and individual equipment to some units serving as part of Operation Enduring Freedom.

"I think we will make decisions in Afghanistan in the January time frame, and also we will have finished the picture study," said Col. William Cole, project manager with PM Soldier Protection and Individual Equipment.

Program Executive Office Soldier, the agency responsible for develop-

ing the uniforms, will additionally test the efficacy of several other camouflage patterns in Afghanistan – though those will not be handed out to Soldiers there.

"That will determine what other uniform options they could have in Afghanistan," Cole added. "So to the commanders in Afghanistan, we'll be able to show them the data and say here's what we found, different results in different areas with different uniforms, what would you like to do? And of course we will support the commanders."

After a decision is made on fielding an optional camouflage pattern to commanders, uniforms bearing that pattern could be available in

a relatively short time.

"We'd start fielding the first units easily within six months of the decision," Cole said.

Were new uniforms to be introduced, they would be the same as what Soldiers are already wearing — the ACU. It would be the camouflage printed on the fabric that would change. And the new uniforms would be an option for commanders — something available where field conditions to warrant it.

"As a material provider, I want to be responsive to the Soldiers I support," Cole said. "I want to give commanders options, I want to be responsive to Soldiers. We're working to give (them) more options."

MEDCOM Band serenades guests, pays tribute to Carvalho

Story and photos by
Jen D. Rodriguez
Brooke Army Medical Center

Under the shade trees of Staff Post Road, more than 60 military members, civilians and San Antonio civic leaders gathered to hear a medley of tunes performed by the U.S. Army Medical Command Band Sept. 20.

The annual Summer Gazebo Concert, one of a series begun in May, was hosted by Brig. Gen. Joseph Carvalho Jr., commander of Great Plains Regional Medical Command and Brooke Army Medical Center, and his wife Lorraine.

"We're very grateful for your hospitality,"



Staff Sgt. Allison Richardson sings "Cold, Cold Heart" by Hank Williams as a tribute to heart surgeon Brig. Gen. Joseph Carvalho Jr., commander of Great Plains Regional Medical Command and Brooke Army Medical Center, and his wife, Lorraine during the Fort Sam Houston Gazebo Concert hosted by the Carvalhos.

Carvalho told the audience assembled at the gazebo. "Thank you for your exceptional presence. I'm grateful and honored by what you do."

Following an introduc-

tory song, MEDCOM conductor, Chief Warrant Officer Douglas Paarmann turned to Carvalho and asked, "if the band could relax a bit," to which the band removed their Army

Combat Uniform blouses to display an array of Hawaiian print shirts and belted out "Hawaii Five-O," honoring Carvalho as a native of Hawaii.

Paying a special tribute to Carvalho's profes-

sion as a heart surgeon, the MEDCOM Band also sang "Heartbreak Hotel;" "Your Cheating Heart;" "Cold, Cold Heart;" "Achy Breaky Heart;" concluding with "Deep in the Heart of Texas."

Other selections included Spanish songs celebrating Hispanic Heritage Month and patriotic songs honoring those present in the audience.



Sgt. Maj. Marcie Larson, playing the trumpet, battles against other U.S. Army Medical Band horn players, during the playing of "Bugler's Holiday" at the Fort Sam Houston Gazebo Concert. Brig. Gen. Joseph Carvalho Jr., commander of Great Plains Regional Medical Command and Brooke Army Medical Center, and his wife, Lorraine hosted the event.

VACCINE from P1

tion in humans,” he said.

“Although the level of protection is modest, at 31-percent efficacy, the study represents a major scientific achievement.”

Schoomaker went on to say the Army’s interest in the study is concurrent with its longstanding interest in protecting all service members from infectious diseases.

“Military medicine is interested in research that improves global health and makes the world safer for everyone, including our Soldiers, Sailors, Airmen, Marines and Coast Guardsmen,” he said. “The results of this trial opens new doors, answers some questions and poses many additional questions. This is truly a great moment for world medicine and for the global human family.”

Col. Jerome Kim, an infectious disease expert, and the U.S. Army HIV Vaccine Product Manager, said researchers will now try to understand why the vaccine worked in some people.

“Additional studies are clearly needed to better understand how this vaccine regiment reduced the risk of HIV infection,” he said. “The collaborators are meeting with outside experts to attempt to understand why the vaccine worked. The data derived from these analyses should drive the science and the discussions and hopefully allow us to move expeditiously to an effective preventative vaccine.”

The combination of vaccines used during the RV144 study was shown to be effective against subtype B and subtype E of HIV, which are the most prevalent subtypes of the virus in Thailand. Kim said right now, researchers don’t know if the combination of vaccines would have the same effect in other parts of the world, such as on the African continent, where other subtypes of the virus are prevalent.

“Whether this will work in other parts of the world with different subtypes of HIV or in populations at different risk of HIV infection, is not known,” he said.

The study also showed that while some participants were prevented from contracting the virus, the vaccine did not have an effect on the severity of contracted HIV infections, said Dr. Anthony S. Fauci, director of the National Institute of Allergy and Infectious Diseases.

“One of the most important and intriguing findings of the Thai trial, is that the vaccine regiment prevented HIV acquisition among a modest proportion of vaccinated participants, yet failed to affect viral load in vaccine recipients who later became infected,” Fauci said.

“This clearly begs the question of whether the protective immune responses that prevent infection are related to those that control viral load.”

The three year study was conducted as a partnership between the Army, the Thai Ministry of Public Health, the National Institute of Allergy and Infectious Diseases, Sanofi Pasteur, and Global Solutions for Infectious Diseases.

HELPING HAND

Randy Smith, Randolph-Brooks Federal Credit Union president and CEO, presents a \$9,000 check to Alamo Colleges Board Chairman Denver McClendon, Alamo Colleges Chancellor Dr. Bruce Leslie and Jackie Van De Walle, chair of the Alamo Community College District Foundation, Inc.



Courtesy Photo

during the Alamo Colleges board meeting Sept. 15. The money establishes the Remedios “Remy” Walton Textbook Scholarship for spouses of wounded service members who are attached to the Warrior Transition Battalion at Fort Sam Houston to pay for textbooks while attending one of the Alamo Colleges. Walton was a long-time employee of RBFCU whose husband was active-duty military. Walton’s husband, Roger, and their children Raschael, Rashaad and Raven attended the check presentation ceremony. The first scholarships will be awarded this fall.

Commissary patrons urged to be food safe

Story by Millie Slamin
Defense Commissary Agency
Public Affairs

The Defense Commissary Agency's concern for customer safety extends beyond commissary doors and into their homes as it reminds them to employ the basics of being food safe by cleaning, separating, cooking and chilling foods to help reduce the risk of illnesses and offers the following food safety and food defense tips:

Wash hands with warm water and soap for at least 20 seconds before you prepare food or after playing outside, touching pets and using the bathroom. Sing "Happy Birthday" twice while washing hands to make sure you are washing long enough to send germs down the drain.

Work on a clean surface. Prevent cross-contamination by always using a clean cutting board. Use one cutting board for fresh produce or bread and a separate one for meat,

poultry and seafood.

Rinse fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Dry with a paper towel.

If lunches are made at home the night before, keep them in the refrigerator until it is time to go. Make sure the refrigerator temperature is 40 degrees Fahrenheit, or below, at all times. Use an appliance thermometer to check the temperature.

Use an insulated lunch

box, with an insulated bottle for hot foods or a frozen gel pack or a frozen juice box to keep perishable foods cold.

Wash insulated lunch totes or boxes with hot soapy water after each use. Throw away any perishable food not eaten at lunchtime.

Never leave perishable foods out at room temperature for more than two hours.



Photo by Hannay Hayner

Brittany Romano admires fruits and vegetables in the produce section of the commissary.



Study points to fats, carbs as 'brain food'

Story by Gary Sheftick
Army News Service

A high-fat diet, at least for a few days, could enhance mental performance, according to a study unveiled Sept. 1.

"Nutritional Effects on Cognitive Performance" examined how various diets affected 45 pilots. Those on both high-fat and high-carbohydrate diets performed significantly better than those on a high-protein diet.

"We were surprised," said Dr. Glenda Lindseth, the study's lead researcher. "It wasn't what we anticipated."

Researchers on her team at the John D. Odegard School of Aerospace Sciences – part of the University of North Dakota at Grand Forks –

at first had trouble believing the results. "We reran our statistics many times. We kept analyzing our data as we went along," Lindseth said.

But there was no mistaking the outcome.

Pilots on the high-fat diet scored about 27 percent better than those on the high-protein diet. They also scored about 10 percent better than pilots on the "control" or well-balanced diet.

After four days to a week on a particular diet, pilots were tested on a full-motion flight simulator. Their short-term memory was also tested by the Sternberg Item Recognition Test and their spatial orientation was evaluated by the Vandenberg Mental Rotation Test.

After the tests, participants were then randomly rotated into one of the other three diets. After four days to a week, they

were tested again.

Pilots on the high-carbohydrate diet also scored about 22 percent better than those on the high-protein diet.

In addition, pilots on the high-protein diet experienced irritability and high anxiety levels, Lindseth said. And they were not able to sleep as well as the other pilots.

Lindseth pointed out that all of the diets were actually balanced as far as the minimum daily required amount of nutrients and about the same amount of calories.

However, the high-fat diet consisted of about 57 percent fatty foods, including whole milk, mashed potatoes and gravy, roast beef, and extra sausage patties.

The high-protein diet was comparable to the Atkins diet, Lindseth said, in that it consisted of more than 50 percent

protein. Instead of roast beef and gravy, pilots on the high-protein diet might eat a spinach salad with chicken breast.

The latter kind of dinner has long been intuitively considered by many as healthy, and Lindseth cautioned that the long-term results of fatty or high-carbohydrate diets need to be studied further.

"One of the things you want to do with a study like this is take the results cautiously," Lindseth said.

"Maybe people just need to eat (fatty) foods more when they're going to go into a situation where they're going to need to think more clearly or alertly," Lindseth said.

"Since peak performance is critical to the warfighter, the effects of diet can have far-reaching consequences in the combat environment," Lindseth said.

U.S. Army honors Navarro with Commander's Award for Civilian Service

Paulina Navarro was recently honored by the U.S. Army with the Commander's Award for Civilian Service, the fourth highest Department of the Army award for professional or public relations service.

She was given the award for her work on two productions "Command Sgt. Maj. Samuel M. Rhodes" and "Staff Sgt. Brandon Freeman." Post-traumatic stress disorder and suicide prevention were added last February to the defenseimagery.mil Web site as a learning resource for Department of Defense personnel.

"I am honored to receive this award. It's a

great feeling knowing that the DVD we produced is being used to help Soldiers prevent or cope with PTSD. I would like to emphasize that this was a group effort. I work with an excellent group of people and everything we do here is a result of a team effort," said Navarro.

These productions have been well received by many groups of Army and other DoD personnel such as the DoD Annual Suicide Prevention Conference in San Antonio in 2008.

One of the productions

is regularly used by students attending the Combat Operations Stress Control Course and the Battlemind Deployment Cycle Support Training

Course for Army Unit Ministry Teams and many other Army Medical Department School and Center courses.

In addition, portions of

the DVD are used on a regular basis by Soldier and Family Support Branch faculty instructors for various courses taught at the Army

Medical Department Center and School.

(Source: U.S. Army Medical Department TV, Fort Sam Houston)



Courtesy photos

Paulina Navarro received the Commander's Award for Civilian Service from Col. Larry Lynch, chief, Department of Preventive Health Services (right) and Col. Mustapha Debboun, acting chief, Soldier and Family Support Branch



The Army Medical Department TV crew received Certificates of Appreciation. Pictured are front row: Reed Martin, Paulina Navarro, Gloria Grider, Col. Mustapha Debboun, Fred Burton; second row: Laurence Hunter, Larry Lonas, Col. Larry Lynch, Robert Smith, Tom Trudzinski; third row: Matt Hiebel, Jeffery Schmidbauer, Mario Guzman, Sgt. Maj. Lance Tomiczek, Gene Hooker; last row: Chris Salazar, Jeronimo Aleman, Aaron Harmon [missing from group] Bryce Rushing.

HISTORY LESSON



Photo by Kathy Salazar

Retired Command Sgt. Maj. David Windsor, a volunteer tour guide at the Army Medical Department Museum, explains the use of his utility knife to the 801st Aviation Engineers during their visit to Fort Sam Houston Sept. 25. The group toured the museum, ate lunch with the Soldiers at the Rocco Dining Facility and enjoyed a windshield tour of the post.

October, Domestic Abuse Prevention Awareness Month

By Angela M. Swain, M.Ed., NCC, CCT
Army Community Service,
Installation Victim Advocate

October is “Domestic Abuse Prevention Awareness Month” and this year’s theme is “The Perfect Combination for Prevention.”

The Army and Fort Sam Houston have adopted the perfect combination for prevention, “Four Cornerstones of Army Family Well Being: To Serve, To Live, To Connect, and to Grow.”

Domestic abuse hinders mission, Family well-being

and entails power and control dynamics that may lead to violence.

Abuse falls into the physical, mental-emotional, sexual, and neglect categories and includes behaviors such as intimidation or fearful actions, verbal put downs such as name calling or humiliation, isolation through limited contact with Family or friends, or the use of jealousy to justify actions, shifting of responsibility for abusive behavior, using the children as a threat, economic abuse through failure to provide financial support, the threat to commit suicide, and little

or no decision-making power.

Children in violent homes are victims and may pay a price by acting out through truancy, running away, teen pregnancy, use of pornography, sexual harassment, date rape and assault, food addictions, substance abuse, street violence and carrying it into another generation of Family violence.

Abuse incidents can stifle Family growth, and require intervention due to safety concerns.

Soldiers, Families and community members that work together can form the

perfect combination for prevention. Opt for a better life for yourself and Family. Prevent domestic abuse by learning to deal with deployment, war and Family issues through seeking help. Denial hampers recovery and healing.

Various activities are planned throughout the month promoting Domestic Abuse Prevention Awareness. For more information, call Army Community Service at 221-0349, the crisis hotline at 722-4920 or the Department of Social Work at 916-3020.

Domestic Abuse Prevention Awareness Month Activities

Army Community Service-Family Advocacy Program

- Oct. 1**
Opening Ceremony, 9:30-11:30 a.m.
Welcoming Remarks and reading of the Proclamation by Michael Waldrop, deputy garrison commander, Silent Witness Special Presentation
Refreshments
- Oct. 2**
Couples Retreat, 9 a.m.-4 p.m. at Dodd Field Chapel
- Oct. 6**
Women Encouraging Women: “Understand Your Man: Some Assembly Required,” 12-1 p.m.
- Oct. 8**
Lunchtime Movies: “What’s Love Got to Do with It?” 11 a.m.-1 p.m.
Music Event with Ruben V Supporting Family Unity, 5:30-7 p.m. at Army Community Service
- Oct. 15**
Lunchtime Movies: “Fireproof Your Marriage” 11 a.m.-1 p.m.
All activities at ACS unless otherwise indicated

AFAP Conference venue for education, decision-making

People are invited to submit issues for inclusion in the Fort Sam Houston Army Family Action Plan conference, which will be held Oct. 21 to 23.

The AFAP process lets the Army Family – Soldiers, Department of the Army civilians, retirees and their

Families – identify what is working and what is not in their community and the Army world-wide to Army leadership.

Issues can involve housing, childcare, recreational activities, post security or any other area of concern important to quality of life.

AFAP alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for keeping the local community informed on the progress of the issues submitted.

The Army is the only branch of the Department of Defense

that has such a program. This process has resulted in the enhancement of local programs and quality of life, change in regulations and legislation supporting our military components.

Be a part of this important process. Submit issues to the Fort Sam Houston AFAP con-

ference.

Additionally, people representing all facets of the Army community are needed as delegates for the conference. DA civilian employees, Soldiers’ spouses and retirees are welcome to apply. Soldier delegates will be identified by their units. Delegates are

required to participate in the entire three-day AFAP conference. For more information about the AFAP process or for a delegate application, call 221-2611.

(Source: Family and Morale, Welfare and Recreation)

Down syndrome buddies walk to raise awareness

Story and photos by Minnie Jones
Fort Sam Houston Public Affairs Office

Grey skies and rainy weather finally gave way to a beautiful Saturday morning for family, friends and community supporters, who congregated on MacArthur Parade Field at Fort Sam Houston to walk for awareness at the ninth annual Down syndrome Buddy Walk.

To further strengthen ties between the local community and military members under the Army Community Covenant developed to improve Soldiers' and their Families quality of life, Fort Sam Houston opened its doors to more than 4,000, who walked the one-mile loop at the BG Johnson track to bring awareness and acceptance to Down syndrome.

Retired Army Maj. Jeffrey Green, who has a child with Down syndrome, has attended all three Buddy Walk events at Fort Sam, said that each year the event gets bigger. "What I liked best about the event is the interaction with other people with the same disabilities and there are always plenty of things to do."

Down syndrome (DS), also called Trisomy 21, is a chromosomal disorder caused by an error in cell division that results in the presence of an additional third chromosome 21 or "Trisomy 21." Down syndrome affects people of all races and economic levels, and it affects about one in every 800 babies. No one knows for certain why DS occurs and there is no way to prevent the error. However, early intervention can help many people with DS live productive lives well into adulthood.

"I am just overwhelmed with emotion to know that so many people care about what the Down Syndrome Association does to help these children and adults who mean so much to our communi-

ty," said Terri Blades, executive director from the Down Syndrome Association of San Antonio.

Fort Sam Houston has once again stepped up to show their support of inclusion by allowing us to use their facility."

Jack Riccardi, from 550 KTSA Radio, master of ceremonies, opened the event that featured activities for Families to enjoy including inflatables, entertainment by "Cat Paws" a local television program on PBS station KLRN, train rides, face painting and food.

San Antonio native and two-time WBC Super Featherweight World Champion, Jesse James Leija the "Honorary Buddy," led the walk with "buddies" Dakota Carrillo and Alex Hidle, who escorted him through the blue and yellow ballooned archway.

Other supporters at the event were District Judge Philip Kazan, County Court Judge Michael Mery and Miss San Antonio, Frenchellen Gilliam. Retrofit provided musical entrainment.

"Once again, the Down Syndrome Buddy Walk was a tremendous success thanks to the great efforts of the committee, volunteers, the community and the entire Fort Sam Houston staff. The facilities allow us to bring all these Families and friends of children and adults with Down syndrome together to celebrate the lives of these very special people," said Blades.

The Buddy Walk is organized by the San Antonio Down Syndrome Association of San Antonio in conjunction with the National Down Syndrome Society to raise awareness of National Down Syndrome Awareness Month in October.

Their mission is to be the national advocate for the value, acceptance and inclusion of people with Down syndrome. For more information about Down syndrome, call 349-4372 or visit

downsynassc@dsasa.org.



San Antonio native and two-time WBC Super Featherweight World Champion, Jesse James Leija, this year's Honorary Buddy, led the walk. "Buddies" Alex Hidle (on right of Leija) and Dakota Carrillo escorted Leija through the ballooned archway, along with Miss San Antonio, Frenchellen Gilliam (far right). More than 4,000 participants walked the one-mile loop at the BG Johnson track to show their support and bring awareness to Down syndrome.



Mandy Pruitt, owner and director of the Enrichment Academy, an inclusive preschool in San Antonio helps 10-year-old Diamond Green paint with sparkles during the ninth annual Buddy Walk held Saturday at Mac Arthur Parade Field and the BG Johnson track.



Cicely Shillingford (left), a volunteer from Johnson High School, paints 5-year-old, Darah Powell's face during the Fort Sam Houston Buddy Walk, Saturday at the Mac Arthur Parade Field.



Collin's Buddies was one of many teams formed to support individuals with Down syndrome that walked the one-mile loop around the BG Johnson Track, Saturday.

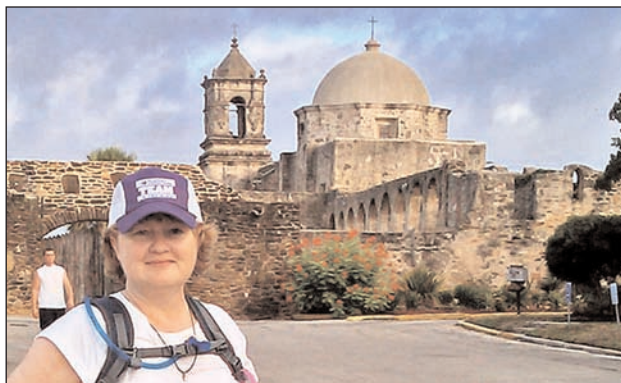


Photo by Carol Rein

Cancer Survivor Shelly West takes a break following one of her early morning runs at Mission San Jose. The Brooke Army Medical Center resource management analyst has been training with the Leukemia and Lymphoma Society Team in Training to walk/run the Nike Women's Marathon in San Francisco in October, and again at the San Antonio Rock 'n' Roll Marathon in November.

Cancer survivor runs marathons to help others stay alive

Story by Jen D. Rodriguez
Brooke Army Medical Center
Public Affairs

Last February, Shelly West's focus changed.

"I was at home recovering from a bone marrow biopsy the day before," West said. "I received the call from my doctor that I had leukemia and needed to be admitted to the hospital immediately to start chemotherapy."

First, she cried. Then she accepted the roller coaster ride that would have lots of sudden, unpleasant dips and turns. Most importantly, she prayed.

"I learned to live one moment at a time," said the 49-year-old. "I used to joke with my nurses in the hospital that I was living like a dog in the moment."

"For me, accepting the fact that I will die made life so much better when I began recovering," she said. "None of us gets out of here alive, so how we live is what matters."

While in the hospital West learned that her friend of 23 years, Desiree Hamilton ran the half marathon event in the San Francisco Marathon with Team in Training to honor her.

"Running a marathon was the closest I could get to showing her that my Family and I are there for her, and willing to go through the pain and the physical exhaustion with her," Hamilton said.

"There are actually shirts on the run that say, 'You think running a marathon is hard, try

See **SURVIVOR P17**

Members of ARSOUTH treat more than 7,200 patients in Haiti

Story contributions
by Maj. Gerard Heck
413th Civil Affairs Battalion

U.S. Army Soldiers from throughout the United States came together under the direction of Army South to treat more than 7,200 patients during a medical readiness and training exercise in Jacmel, Haiti Sept. 8 to 23.

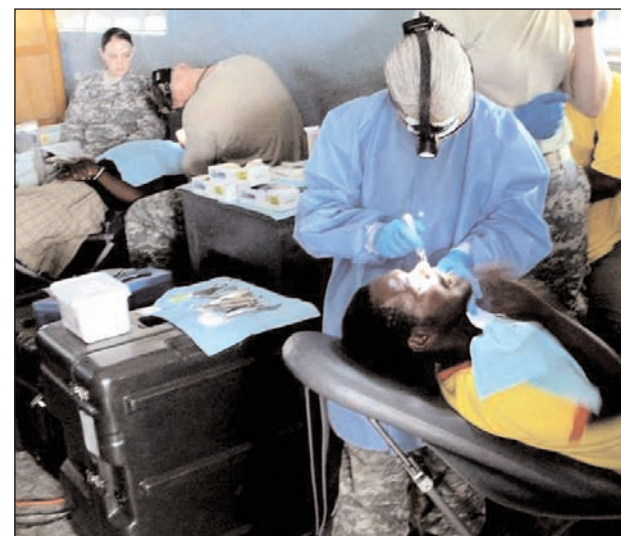
At the request of the government of Haiti, ARSOUTH, along with U.S. Army Reserve Northeast, Medical Area Readiness Support Group from New York, and the 413th Civil Affairs Battalion from Texas, conducted various medical and dental action programs providing focused humanitarian assistance.

More than 30 doctors, dentists, ophthalmologists and other medical professionals provided assistance to at Marigot's Ecolge Nationale de Marigot and Cayes-Jacmel's Medical Clinic.

These missions share best-practices for the most effective, economical treatments that can be made available by regional medical teams.

"We are working with Haiti on long-term economic growth and job creation," said Kenneth Merten, U.S.

Ambassador to Haiti. "People's immediate needs are also extremely important. Americans care deeply about the people of Haiti, and this mission – people helping people directly – is a demonstration of the



Photos by Sgt. First Class Manuel Zegarra

Lt. Col. Judith Driscoll, an optometrist with U.S. Army Reserve North East - Medical Area Readiness Support Group, conducts an eye exam with the assistance of a volunteer Haitian medical student at the Marigot's Ecolge Nationale de Marigot in Haiti. In addition to providing humanitarian assistance, medical training and readiness exercises also provides valuable experiences to learn from Haitians and civilian experts. This experience helps ensure the U.S. military is able to rapidly respond in support of emergency relief efforts in the future.

friendship between our two countries."

Members of the medical readiness and training team provided surgical and medical assistance. Dental and optometry exams were given to more than 2,600 patients, with over 600 pairs of glasses dispensed.

"We wish to thank the Haitian government, especially the Ministry of Health, for its collaboration, and also the communities of Marigot and Cayes-Jacmel who welcomed us," said Col.

Donna Hershey, commander of the medical training and readiness mission. "It has been a

very successful mission and one that our Soldiers will remember for a lifetime."

In addition to humanitarian assistance, this exercise also afforded valuable experience from Haitian and civilian experts enhancing rapid response capabilities of all branches of the U.S. military. The relationships built and sustained with our partners in Haiti help tremendously in humanitarian efforts, preserving peace and stability in the region.

(Source: U.S. Army South Public Affairs)



Capt. Juana Luster, with U.S. Army Reserve North East - Medical Area Readiness Support Group, conducts a dental exam on a patient at the Marigot's Ecolge Nationale de Marigot in Haiti. The dental action program was conducted as part of a U.S. Army South medical readiness and training exercise, a partnership with Haiti providing focused humanitarian assistance.

Need to know reminders for filing household goods claims

Story by Neld Racca

Fort Sam Houston Claim Division

Personal property shipments fall under the Full Replacement Value (FRV) Protection Program or the Defense Personnel Property Program (DP3 or DPS), a new computerized transportation program applicable to many household goods shipments since 2008. Under both programs, Soldiers and Army civilian employees are encouraged to file transportation-related claims directly against the carrier responsible for the loss.

FRV PROGRAM

Under the FRV program, you have the option of filing your claim against the TSP (carrier) or the Military Claims Office. It is also encouraged that you submit your Notice of Loss

and Damage, DD Form 1840/1840R, within 75 days after delivery, to the carrier through the Military Claims Office. If you file your claim directly with the carrier, you will have to file your claim by mail. You should send claims to the carrier by certified mail so that you have a record of the date on which you submitted the claim.

DP3 OR DPS PROGRAM

The DP3 or DPS is designed to manage your entire Household Goods shipping process, from counseling to claims. Under the DP3 or DPS Program, you are required to submit your claim online directly against the carrier; however, in some cases, depending on the circumstances exceptions to this

requirement may be granted on a case-by-case basis by the Military Claims Office. Soldiers and Army civilian employees whose shipments fall under this program are given a user I.D. and password at the initiation of the shipment under www.move.mil. Upon delivery of the shipment, Claimant is given a Notification of Loss or Damage At Delivery form to allow annotating all losses and damages noted at delivery, and a Notification of Loss or Damage After Delivery form to allow annotating all damages and losses noted after delivery. This form must be submitted to the carrier, online, within 75 days of delivery. If you encounter problems submitting the notice online, contact the Fort Sam Houston Claims Office for assistance.

A problem being experienced by Soldiers filing through the DPS Program is not having a password. If this is the case, contact the Fort Sam Houston Claims Office for assistance on how to access the system to obtain the necessary password. We also have written, step-by-step instructions to assist you in accessing the DPS Claims Module to submit your notification of loss or damage and to file your initial claim.

FILING YOUR CLAIM

Under both programs, to obtain the Full Replacement Value, claims must be submitted with the carrier within nine months of delivery. The carrier will settle the claim by repairing or paying to repair damaged items. For items that are lost or destroyed beyond repair, the carrier will

either replace the item with a new item, or pay the full, undepreciated replacement cost. There are some items that are not covered by FRV.

In addition, if you file your claims directly with the carrier within nine months of delivery, the carrier will be responsible for obtaining all repair and replacement costs. If you file your claim directly with the carrier more than nine months after delivery, the carrier will only pay the depreciated replacement cost or repair cost, whichever is less. Also, the carrier will not be responsible for obtaining repair or replacement estimates.

Once the carrier receives your claim, it will have up to 60 days to pay, deny or make a final written offer. Once you have settled the claim, the carrier will have 30 days to

make the payment.

FILING YOUR CLAIM WITH THE MILITARY CLAIMS OFFICE

Only under the FRV program can you still file your claims directly with the Fort Sam Houston Claims Office. However, if you do, you will give up your right to have the carrier settle your claim on the basis of full replacement value. The Fort Sam Houston Claims Office will settle your claim by paying the depreciated replacement or repair cost, whichever is less.

After submitting your claim to the carrier, you can transfer your claim to the Fort Sam Houston Claims Office in the event that the carrier 1) denies your claim, 2) makes an offer on the claim that is

See CLAIMS P22

10th Annual Breast Cancer Awareness Luncheon



Oct. 9 at 11:30 a.m.
San Antonio Country Club
4100 N. New Braunfels

Tickets: \$15
Complimentary Valet Parking

*Checks should be made payable to:
Cancer Program Informal Fund*

Special Guest: Maria Theodoulou, MD

Dr. Theodoulou is an Attending Physician, Breast Cancer Medicine Service at Memorial Sloan-Kettering Cancer Center in New York City. She also holds an appointment as Professor of Medicine at the Joan & Sanford I. Weill Medical College of Cornell University in New York City.

To purchase tickets, call 916-4837, 295-3127
or the American Cancer Society at 884-0561.

Ticket deadline is Oct. 2.

Please join us for this event.
You can help to....
Tell-A-Friend!!!



SURVIVOR from P15

chemo.' They are right."

It was the second time during her illness West cried.

One year later, West's focus has shifted to celebrating the one-year anniversary of her hospital release date, and returning to work full-time at Brooke Army Medical Center's Resource Management Department.

West will run and walk half-marathons for the Nike Women's Marathon in San Francisco and the San Antonio Rock 'n' Roll Marathon as a member of the Leukemia and Lymphoma Society TNT.

"I'm doing this to raise money for research to find a cure. Knowing that I'm healthy when someone's child or mother or brother is suffering and dying is hard to deal with," she said. "I survived when others

haven't and won't until a cure is found."

She said her focus is not on how challenging running is, but on just doing it. "When I'm running and it feels like it's just too hard, I say to myself over and over like a mantra: it's easier than chemo, it's easier than chemo."

She trains twice a week with LLS coaches and mentors, sometimes running as early as 5:45 on Saturday mornings for long runs to Mission San Jose or La Cantera. Shorter evening runs are near the University of Incarnate Word and the zoo at Brackenridge Park.

"So far, it's been fun," she said. "Running is hard, but I like it the most. I don't like stretching at all, but it's very important to do it to keep your body tuned up."

Early in training, runner's knee affected both knees. "I got some

orthotics inserts for my shoes, took off a week to let my knees heal, and I'm back running again," West said.

In the hospital, her exercise consisted of making one circuit around the ward with a mask on, because of her low white blood count. Remarkably, just over a year later she's participating in a half marathon.

"What makes (the marathon) special is that in the course of a year, Shelly went from having someone running the same course on her

behalf to running it for herself," said Hamilton, who will be cheering from the sidelines.

"In that same year she not only was diagnosed with Leukemia, went through chemo and was officially placed in remission. That's what is special and amazing."

Before her illness, West would've never considered running a half marathon. "I would have been afraid to try. Now, if I really want to do something, I do it," she said. "Living seems easier when you've been close to dying."



Announcements

Heroes' Tree Celebration

Keith A. Campbell Memorial Library will host a Heroes' Tree Celebration from Oct. 8 through Nov. 12 to recognize the significance of the selfless service of Soldiers, Sailors, Airmen and Marines. Bring a photo with a brief story describing the hero to the library. The photos cannot be larger than 3 inches by 3 inches. This celebration will begin with a ceremony Oct. 8 at 1 p.m. Call 221-4702.

Canyon Lake winter specials

Canyon Lake will offer winter specials from Oct. 1 through March 1. Rent one night accommodation and get the second night half price; plus \$25 off all-day rentals of pontoons and fishing boats. Room rental not required for boat special. Boat rental discount is only applicable at Canyon Lake. Call 830-226-5357 or 1-888-882-9879.

Bowling center extended hours

The Fort Sam Houston Bowling Center will open at 11 a.m. for lunch

Tuesday through Friday. Bowling will be \$1 per game and shoe rental is \$2. Lunch and Bowl program includes one free game of bowling on Thursdays from 11 a.m.-1 p.m. with the purchase of lunch. Call 221-4740.

CYSS Central Registration

The Child, Youth and School Services Central Registration office hours of operation are Monday through Friday 8 a.m. to 5 p.m., registration after 4:30 p.m. is by appointment only. The office will be closed at 1 p.m. the first and third Friday of each month. Registration and Health Assessment forms are available at www.fortsamhouston-mwr.com, under the Soldier and Family services tab. Call 221-4871/1723.

The Owl and the Pussycat

The Harlequin Dinner Theatre presents "The Owl and the Pussycat" a comedy by Bill Manhoff, Thursday through Saturday evenings. Doors open at 6:15 p.m., show begins at 8 p.m. For reservations, call 222-9694. The box office is open Tuesday-Friday 12-5 p.m. and Saturday 1-5 p.m.

Late Night Cabaret

The Harlequin Dinner Theatre presents Late Night Cabaret Saturdays 10:15 p.m.-2 a.m. A cover charge of \$3 with Military I.D. or \$5 for all others will apply. A full-service cash bar will be available. Patrons must be 21-years-old to purchase and consume alcohol. Late night karaoke will follow the show. Call 222-9694.

Issues needed for AFAP 2009 Conference

People are invited to submit issues for inclusion in the 2009 Fort Sam Houston Army Family Action Plan conference Oct. 21-23. Issues can involve housing, childcare, recreational activities, post security or any other areas of concern important to quality of life. No issue is considered insignificant or unimportant. Issue forms are located throughout the post, at Army Community Service, Building 2797, e-mail samh.afap@conus.army.mil, or call 221-2705.

Calendar of Events

OCT. 1

Domestic Abuse Prevention Awareness Month

Domestic Abuse Prevention Awareness Month kick-off ceremony, 9:30-11:30 a.m. at Army Community Service, Building 2797. Call 221-2705.

Mandatory First-Termer Financial Class

Mandatory First-Termer Financial Class, 10 a.m. at Army Community Service, Building 2797, in the computer lab. Call 221-1612.

Infant massage class

Infant massage class, 10-11:30 a.m. at the Red Cross, Building 2650. This four-part series will relax the child and help decrease stress for you and your baby. To register, call 221-0349.

Credit Report class

Credit Report class, 2-4 p.m. at Army Community Service, Building 2797. Find out how to pull your credit report for free, what red flags to look for and how to improve your score. Call 221-1612.

OCT. 2

Couple's Retreat

Couple's Retreat, 9 a.m.-4 p.m. at Dodd Field Chapel. The event will help improve day-to-day communication, make better decisions, resolve issues skillfully, and increase satisfaction in your relationship. The retreat is free and open to all DoD I.D. card holders. Lunch and childcare will be provided. Registration is required. Call 221-0349/2418.

Getting Ready for Childbirth

Getting Ready for Childbirth class, 1-4 p.m. at Army Community Service, Building 2797. To register, call 221-0349/2418.

Warriors monthly scramble golf tournament

The Fort Sam Houston Golf Club will host a warriors monthly scramble golf tournament with a shotgun start at 1:30 p.m. Entry fee is \$25 per person. Participants must be on an authorized pass or leave status. Register at the Golf Club's Pro Shop, or call 222-9386.

OCT. 3

Big Bucks Bingo

Big Bucks Bingo, beginning at 12 p.m. at the Sam Houston Club. A free buffet will be served to all players. A \$13,000 payout is guaranteed. Call 224-2721 or 226-1663.

OCT. 5

Unit Family Readiness Training

Unit Family Readiness Training, 9-10 a.m. at Army Community Service, Building 2797. This training will define the phases of the deployment cycle, identify stresses and Soldier and Family issues related to deployment and review the Family readiness tasks of the (battalion) RDC in each phase of the deployment cycle. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Walk Across Texas

Family Advocacy Program will hold "Walk Across Texas" beginning Oct. 5 from 10-11:30 a.m. from Army Community Service, Building 2797. This event will provide seven weeks of friendly competition, meeting new people, getting fit, the start of a healthy habit, nutrition tips and demonstrations and it is Family friendly. Walk together, or alone, keep track of the miles and see if you can walk the 830 miles "across Texas" in seven weeks. To register, call 221-0349/2418.

Bank Account Management

Bank Account Management class, 2-4 p.m. at Army Community Service, Building 2797. Learn how to keep track of your account balances, avoid fees, and maintain records. Call 221-1612.

OCT. 6

Family Readiness Group Leader's Forum

Family Readiness Group Leader's

ACS Outdoor Movie Night

Oct. 16 "Scooby-Doo"
8 p.m. at the post flagpole

Oct. 17 "Lemony Snicket's, A Series of Unfortunate Events"

8 p.m. at the field between Youth Services and Dodd Field Chapel

Bring the Family out for these Family friendly films and don't forget the lawn chairs. Free popcorn, snow cones and cotton candy will be available. For more information, call 221-2418. In the event of inclement weather the movie will be shown in the ACS auditorium at 8 p.m.

Forum, 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. This training provides FRG leaders the opportunity to discuss unit issues and share lessons learned in an open forum. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Women Encouraging Women

Women Encouraging Women, 12-1 p.m. at Army community Service, Building 2797. The topic will be "Understanding Your Man: Some Assembly Required." Call 221-0349.

MWR from P18

Basics of Breastfeeding

Basics of Breastfeeding class, 12:30-2 p.m. at Army Community Service, Building 2797. To register, call 221-0349.

Debt Management

Debt Management class, 2-4 p.m. at Army Community Service, Building 2797. Call 221-1612.

Virtual Family Readiness Group Training

Virtual Family Readiness Group Training, 2-4 p.m. at Army Community Service, Building 2797. This training provides information on the virtual FRG and the ability to meet the needs of geographically dispersed units and Families. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

OCT. 7
Mandatory First-Termer Financial Class

Mandatory First-Termer Financial

Class, 12 p.m. at the Learning Center. Call 221-1612.

Teen Center grand opening

New Teen Center grand opening, 2 p.m. in Building 2515, Funston Rd. (behind the Bowling Center). Call 884-7235.

OCT. 14
Coushatta Casino trip

The FWWR Ticket Office will sponsor a trip to the Coushatta Casino Resort in Kinder, La. The bus departs the Sam Houston Club Oct. 13 at 7 a.m. and returns Oct. 14 at 10 p.m. The cost is \$50 per person for double occupancy or \$100 for single occupancy to include round-trip motor coach transportation, overnight hotel accommodations, continental breakfast at the hotel and one \$20 coupon for the casino. Must be at least 21 years old with a valid photo I.D. at all times. Make reservations at the ticket office by Oct. 5. Call 226-1663 or 224-2721.

OCT. 15-16
It's Not Easy Being Green

The 2009 Spouse conference will be held Oct. 15-16 from 8:30 am to 2:15 pm at Dodd field Chapel. The purpose of this conference is to uplift, enlighten, motivate, and strengthen the military as men, women, husbands, wives, fathers, mothers, and invaluable contributors to the Army community. The cost is \$5 and child care is available on a first-come, first-served basis. Open to all military ID card holders. Register today. For more information, call 241-0811 or 437-2788.

OCT. 16-17
Fort Sam Houston Oktoberfest

Family Morale, Welfare and Recreation will host the first annual Fort Sam Houston Oktoberfest on Oct. 16 beginning at 6 p.m. and Oct. 17 beginning with a parade at 10 a.m. at MacArthur Parade Field. German food, beer garden, live music, SeaWorld Animal Team, raffle and more. The event has free parking and free admission and is open to the public.



Warriors Monthly Scramble golf tournament

The Fort Sam Houston Golf Club will host a Warriors Monthly Scramble golf tournament Oct. 2. Register up to four players, shotgun start at 1:30 p.m. Entry fee is \$25 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. Register at the Golf Club's Pro Shop, or call 222-9386.

First annual Kalmar Golf Scramble

The 1st annual Kalmar Golf Scramble will be held Oct. 9, 1 p.m. at the Bandit Golf Club, 6019 FM 725, New Braunfels, Texas. Cost is \$125/person and \$500/four-person team. To register, call 860-2631 or 945-9945.

Rambler 120

The fourth annual Rambler 120 Team Challenge, a one-day physical fitness exercise held Oct. 17,

Randolph's Recreation Park, Canyon Lake. Teams negotiate through hostile territory while completing four challenges: a 22-mile bike ride, six mile run, two-mile rafting trip and a mystery event. Registration deadline is Sept. 25. Entry forms at the Rambler Fitness Center and online at www.randolphfss.com. Fee is \$100/team. Awards to top three teams in each division. Call 652-6508.

Combat Medic Run

Family Morale, Welfare and Recreation will host the 29th annual Combat Medic Run/Walk Oct. 31, 6-11 a.m. at the intersection of Worth and Stanley roads. There will be a 5K, 10K, 28-Soldier Formation Run, Five-Soldier Guidon Team Run and 2-mile walk. Event open to the public.

Tower climb challenge

The Jimmy Brought Fitness Center will host a Tower Climb Challenge Nov. 1 to 14 from 5 a.m.-9 p.m. Open to all DoD I.D. card holders. Participants are challenged to climb some of the tallest buildings in the United States. A free T-shirt is awarded for racing up the equivalent

number of steps of each landmark on the step mill machines. Call 221-1234 or 221-1532.

Brigade intramural co-ed volleyball league

Team standings corrected	W	L
D Co., 232nd Med. Bn. Team #1	7	0
C Co., 232nd Med. Bn.	5	1
B Co., 264th Med. Bn.	5	2
B Co., 187th Med. Bn.	4	3
C Co., 187th Med Bn	3	4
C Co., 264th Med Bn	2	4
G Co., 232nd Med Bn	1	6
D Co., 232nd Med Bn Team #2	0	7

Brigade intramural flag football league

Team standings	W	L
B Co., 264th Med. Bn.	7	0
D Co., 232nd Med. Bn. Team #1	4	1
B Co., 187th Med. Bn.	3	2
C Co., 187th Med. Bn.	2	2
C Co., 232nd Med. Bn.	2	3
G Co., 232nd Med. Bn.	1	3
C Co., 264th Med. Bn.	1	5
D Co., 232nd Med. Bn. Team #2	0	4

“Stay fire smart, Don’t Get Burned”

Fire Prevention week is Oct 4-10
Schedule of events

Oct. 5

Static display, Army Medical Department lobby, 8-11 a.m.
Fire Safety House, Child Development Center, Building 2530, 8:30-11 a.m.
Fire Extinguisher Training, Camp Bullis Fire Station, 9-9:30 a.m., 10-10:30 a.m., 1-1:30 p.m.

Oct. 6

Static display, Brooke Army Medical Center Clinic lobby, 8-11 a.m.
Fire truck on display, Harris Heights Community Center, 8:30-9 a.m.
Fire truck on display, Marvin R Wood playground, 9:10-9:30 a.m.
Fire truck on display, Watkins Terrace housing area, 10:45 a.m.
Fire Extinguisher Training, Camp Stanley, 8:30-10:30 a.m.,

Oct. 7

Fire extinguisher training, Army and Air Force Exchange PXTRA, 8:30 and 9:30 a.m.
Fire Safety House, Parent/Child Inc., Building 1720, 10-10:30 a.m.
Fire Extinguisher Training, Fire Department training grounds, 10:30 a.m.
Fire Safety House, Dodd Field for School Age Services and Youth Services, 3:30-4 p.m.

Oct. 8

Static display, Army and Air Force Exchange PXTRA, 8-11 a.m.
Fire Extinguisher Training, Army and Air Force Exchange PXTRA, 8:30, 9:30, 10:30 a.m.
Fire truck display, Child Development Center, Building 2530, 2-4 p.m.
Open House, Camp Bullis, 11 a.m.-1 p.m.

Oct. 9

Poster Award Presentation, Fire Safety House, Fire Truck Assembly, Fort Sam Houston Elementary School, 7:45-11 a.m.



Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – Oct. 2

Lunch – 11 a.m. to 1 p.m.
Southern fried fish, oven roast beef, grilled pork chops with sautéed onions, chili macaroni, macaroni and cheese, baked potatoes, garlic roasted potato wedges, southern-style greens, seasoned pinto beans, carrots

Dinner – 5 to 7 p.m.
Chicken with stir-fry, spaghetti with meat sauce, grilled ham steaks with pineapple sauce, breaded pork fritters, red beans and rice, sweet potatoes, mashed potatoes, steamed rice, seasoned black-eyed peas, parmesan tomato halves, yellow squash

Saturday – Oct. 3

Lunch – noon to 1:30 p.m.
Barbecued spareribs, meat loaf, baked chicken, potato frittata, new potatoes, rice pilaf, mixed vegetables, asparagus, seasoned northern beans

Dinner – 5 to 6:30 p.m.
Roast turkey, cheese tortellini, Swedish meatballs, lemon herb baked fish, mashed potatoes, parsley buttered egg noodles, baked potatoes, Brussels sprouts, peas and carrots

Sunday – Oct. 4

Lunch – noon to 1:30 p.m.
Barbecued chicken, spicy baked fish, cheese ravioli, fried catfish, lyonnaised potatoes, baked potatoes, wild rice, yellow squash,

Dinner – 5 to 6:30 p.m.
Roast beef, mushroom quiche, chicken cordon bleu, salmon crouquettes, parsley buttered potatoes, steamed rice, hopping John rice, steamed beets, mixed vegetables, seasoned turnip greens

Monday – Oct. 5

Lunch – 11 a.m. to 1 p.m.
Chicken tetrazzini, breaded veal steaks, onion-lemon baked fish, spaghetti with marinara sauce, barbecued roast pork, mashed potatoes, brown rice, garlic-lemon roasted potato wedges, French fried cauliflower, stewed tomato okra, spinach

Dinner – 5 to 7 p.m.
Spaghetti and meatballs, grilled chicken breast, veal parmesan, cheese manicotti, breaded pork fritters, steamed rice, spaghetti noodles, mashed potatoes, Italian-style green beans, seasoned succotash, French fried okra

Tuesday – Oct. 6

Lunch – 11 a.m. to 1 p.m.
Chicken fajitas, Swiss steak with brown gravy, baked ham, cheese ravioli, honey glazed Cornish hens, Spanish rice, baked potatoes, au gratin potatoes, seasoned pinto beans, Mexican corn, broccoli combo

Dinner – 5 to 7 p.m.
Beef enchiladas, cheese enchiladas, beef and bean burritos, roast turkey, fried catfish,

Wednesday – Oct. 7

Lunch – 11 a.m. to 1 p.m.
Beef stroganoff, country fried steak, herb baked chicken, broccoli quiche, barbecued spareribs, baked potatoes, buttered egg noodles, lyonnaised potatoes, broccoli, carrots almandine, fried cabbage

Dinner – 5 to 7 p.m.
Beef yakisoba, fried chicken, baked pork chops, baked sweet Italian sausages, macaroni and cheese, mashed potatoes, baked potatoes, summer squash, cauliflower combo, seasoned collard greens

Thursday – Oct. 8

Lunch – 11 a.m. to 1 p.m.
Pepper steak, fish almandine, Salisbury steaks, chicken and dumplings, vegetable stuffed peppers, baked fresh sweet potatoes, steamed rice, seasoned collard greens, seasoned lima beans, vegetable stir-fry

Dinner – 5 to 7 p.m.
Sweet and sour pork, oven roasted beef, breaded chicken patties, potato frittata, baked potatoes, steamed rice, mashed potatoes, peas, carrots, zucchini squash

refried beans, candied sweet potatoes, mashed potatoes, steamed rice, succotash, asparagus, peas and carrots

Menus are subject to change without notice.

Notice of public meeting to discuss FSHISD’s state financial accountability rating

The Fort Sam Houston Independent School District Board of Trustees will hold a public meeting Oct. 27 at 11 a.m. in the Professional Development Center, 1908 Winans Rd. The purpose of the meeting is to inform the FSH school district’s community of its superior achievement rating based on School Financial Integrity Rating System of Texas. School FIRST is the Texas Education Agency’s system developed to monitor and improve the management of the district’s financial resources.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES OCT. 5-10

Fort Sam Houston Elementary School *Fire Prevention Week*

Oct. 8

Read for the Record – kindergarten and first grade meet in gymnasium to share in the reading of “The Very Hungry Caterpillar.”

Robert G. Cole Middle and High School

Oct. 5

Cougar Pride Club meeting in Professional Development Center, 5:30 p.m.

Oct. 6

JV/V volleyball vs. Blanco at Cole, 5 and 6:30 p.m.

Oct. 8

JV football vs. Harper at Cole, 6 p.m.

Oct. 9

Senior class panoramic picture during advisory in front of the Cole gym

JV/V volleyball at Harper, 4 and 5 p.m.

Varsity football at Harper, 7:30 p.m.

Oct. 10

Fall Play rehearsals in Moseley Gym, 1 to 3 p.m.



Community

Announcements

NCO Wives Club

The NCO Wives Club meets the first Tuesday of each month at 10:30 a.m. at the Sam Houston Club. Active duty and retired spouses are welcome to join. Call 386-8265 or 314-6377.

Cloverleaf Communicators Club

Meets the first and third Thursday, 11:45 a.m.-1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-8785, 221-6517 or 916-3406.

Foster homes needed for military working dogs

Department of Defense Military

Working Dog Breeding Program seeks foster homes for military working dogs. Call 671-3686 or visit www.lackland.af.mil/units/341stmw/d/index.asp.

Adolescent Weight Loss Program

Are you an overweight teen? The Brooke Army and Wilford Hall Medical Centers seek overweight military dependent adolescents between the ages of 12 and 18 to participate in a free weight management intervention study. The 12-month adolescent obesity study incorporates professional medical attention, behavioral therapy, nutritional counseling and medication for weight loss at no cost to participants. For more information, call 916-0607.

OCT. 3 Holly Days Craft Fair

The Holly Days Craft Fair will be held Oct. 3, 10 a.m.-4 p.m. at Holy

Trinity Presbyterian Church, 16245 Nacogdoches Rd. Free and open to the public. Call 653-5331.

LBJ National Historical Park Walk

The Volkssportverein Friedrichsburg volksmarch club will host a 5k and 10k walk Oct. 3 starting at LBJ National Historic Park - LBJ Ranch, Stonewall, Texas. Walks start between 8 a.m. to noon, finish by 3 p.m. Call 830-992-2053, e-mail tnjocole@austin.rr.com, or visit www.walktx.org/AVA1.

Calendar of Events

OCT. 8 RecruitMilitary Opportunity Expo

A free employment, entrepreneurship, and educational event for veterans, personnel who are transitioning from active duty, Reserve, Guard, and military spouses presented by RecruitMilitary, the Presidents National Hire Veterans Committee, the American Legion, and the Military Spouse Corporate Career Network will be held in

Austin, Bob Bullock Texas State History Museum, 1800 N. Congress Ave., 11 a.m.-3 p.m. For information or to register as a job-seeker visit www.recruitmilitary.com.

OCT. 9 Breast Cancer Awareness Luncheon

The 10th annual Breast Cancer Awareness luncheon will be held at 11:30 a.m. at the San Antonio Country Club, 4100 N. New Braunfels. Special guest is Dr. Maria Theodoulou, attending physician, Breast Cancer Medicine Service at Memorial Sloan-Kettering Cancer Center in New York City. Tickets are \$15 and include complimentary valet parking. To purchase tickets by Oct. 2, call 916-4837, 292-3125 or the American Cancer Society at 884-0561.

Rockport Seafair

Celebrate the sea with a big splash at the Rockport Seafair festival Oct. 9-11. Touted as three days of fun under the sun, the city of Rockport-Fulton honors all military by offering free admission to military I.D. card holders Oct. 9 from 5-11 p.m. For more information, call 361-729-6445, 800-242-0071 or visit www.rockportseafair.com.

OCT. 10 7th Annual Pet Fest in San Marcos

REMINDER CALENDAR

Oct. 1	Domestic Abuse Prevention opening ceremony, 9:30-11:30 a.m., Army Community Service
Oct. 1	Parent Teacher Organization Family Night, 5-7 p.m., Fort Sam Houston Elementary School
Oct. 2	Hispanic Heritage Month celebration, 11:30 a.m.-1 p.m., Sam Houston Club
Oct. 2	Warriors Monthly Scramble Golf Tournament, 1:30 p.m., Fort Sam Houston Golf Club, \$25 entry fee
Oct. 3	141st Infantry Deployment Ceremony
Oct. 4	Indoor Triathlon, 8:30 a.m.-3:30 p.m., Jimmy Brought Fitness Center
Oct. 6	Grand opening Middle School and Teen Services, 2 p.m., Building 2515
Oct. 12	Columbus Day holiday

Pet Prevent a Litter of Central Texas presents the 7th Annual Pet Fest Oct. 10 at San Marcos Plaza Park, San Marcos, Texas. Pet Fest celebrates the role of animals in citizen's lives and promotes responsible pet ownership. This all-day event includes a 5-K Run/Walk, pet contests, vendors and live music.

OCT. 19 Warrant Officer Association meeting

The Lone Star Silver Chapter of the U.S. Army Warrant Officer

Association will meet Oct. 19 at 7 p.m. at Chacho's & Chulucci's, 8614 Perrin Beitel Rd. (near Loop 410). All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 295-6596 or 666-9818.

OCT. 24 Alamo City Community Marching Band

The Alamo City Community Marching Band will hold a concert Oct. 24 from 12:15-1:15 p.m. at The Neighborhood Place, 3014 Rivas St., San Antonio. The event is free and open to the public. For more information, visit www.accmb.org.



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant

11 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service:

8:30 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays

6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies can only be ran twice. Limit of five items per entry. For more information, call 221-0546.

For Sale: Rectangle solid oak wood dining table with two leaves and six chairs, \$175. Call 451-0173.

For Sale: 1996 Black Camaro RS, V6 engine, runs good, \$1,000 obo. Call 324-9528 or 827-3026.

For Sale: Twin-size, loft bunk bed, study, good condition, no mattress, \$100; table, four chairs, good condition, \$75. Call 719-559-9322.

For Sale: Weider Crossbow 1500e fitness machine, similar to a Boxflex, all attachments and leg extension unit, good condition, \$175. Can be seen Monday-Friday, 8 a.m.-4:30 p.m. Call 241-6747.

For Sale: Full-size mattress set, \$100 obo; Red Dot exerciser with DVD, \$50 obo; new L.A.M.B. black purse, \$400; Magnavox 19-inch television, \$30; Samsung 14-inch television, \$25; Copenhagen entertainment center, \$300 obo; Baldwin piano, \$900 obo. Call 651-9046.

For Sale: Dolly, \$15; king-size bed frame with head and foot boards, made in Germany, \$50; Extreme

exercise, excellent condition, \$50; Christmas tree, \$15; computer and chair, \$45. Call 241-1291.

For Sale: Tahoe cargo security shade, like new, \$65 obo; '90s Volvo dash mat, \$25; 4 foot wide truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; stroller, \$12. Call 221-2690.

For Sale: Baby back pack on frame, \$30; porcelain dog dolls with clothes, \$95; Whirlpool beige side-by-side refrigerator with water and ice dispensers, \$295; Maytag beige stove with self-cleaning oven, \$195; Maytag dishwasher, \$195. Call 633-3859.

For Sale: Office desk, \$60; double chair, \$30; solid antique oak table, \$75; two antique large iron wheels, \$50; pipe roofing, \$1 each section. Call 550-7371.

For Sale: Sturdy wooden coffee table, \$95; riding lawn mower, \$495; bikes, \$35; Cardioglider, new, \$175; custom-made pet house, \$150 obo. Call 633-2247.

For Sale: 1962 nova, four-door, new parts, engine runs, \$1,200 obo; 1996 Ford F150 pickup, uses gasoline or propane, new tires and grill, \$3,500; powerwasher, 2,500 psi, 6.5 hp, \$175; 80-gallon air compressor, new, \$875; antique Honda motorcycle, \$300 obo. Call 440-5062.

For Sale: Peg Perego stroller with attachable matching infant carseat and carrier \$200; baby swing \$45; bassinet and lots of other baby gear and toys. Call 224-6470 for list and prices.

CLAIMS from P16

not acceptable, or 3) does not respond within 60 days. However, the Army cannot pay you the full replacement value immediately. On transferred claims, the Army will pay you the depreciated replacement cost or repair cost, and then try and recover the full replacement value from the carrier. Once the Army has recovered the full replacement value from the carrier, the Army will then pay you the difference between what it recovered from the carrier and the amount it has already paid you.

NOTICE OF LOSS OR DAMAGE

Remember, listing or noting loss or damage on either notification form merely gives the carrier notice that you may submit a claim, it is not the same as filing a claim.

The carrier has the right to inspect the damaged items once it receives the notice forms. Normally the carrier will arrange to

inspect your goods within 45 days of receipt of the DD Form 1840R, but it has the right to inspect damaged items up until the claim is finally settled. Please cooperate with the carrier in arranging a time for such inspections.

Finally, regardless of whether you file directly with the carrier or with a military claims office, you must file your claim within two years of delivery. You may mail or take your claim to the Fort Sam Houston Claims Office, if you want to file directly with the military, under the FRV program, or if you need assistance in filing with the carrier under either program.

The Fort Sam Houston Claims Division is located in Building 153 and accepts walk-ins from 8 a.m. to 2:30 p.m. Monday through Friday. Call the Claims Division at 221-1973. The Claims Web site is www.samhouston.army.mil/sja/claims_div.asp. The Claims Division is closed for federal and training holidays.